



HealthWorks NW Principles of Addiction Treatment

The following is an adaptation of the 13 Principles of Addiction Treatment, published by the National Institute of Drug Abuse. NIH Publication No. 99-4180, 1999.

HealthWorks NW is committed to providing Addiction Medicine treatment, in combination with concurrent psychiatry, pain management and psychotherapy care at the highest possible standard. We are guided by the 13 Principles established 11 years ago by NIDA as pillars for the standards of care we embrace as an organization.

1. No single treatment is appropriate for all individuals.

At HealthWorks NW we provide innovative detoxification and treatment services to match the unique needs of each patient. We prioritize patient safety with the goal of returning to a productive and functional life.

2. Treatment needs to be readily available.

We provide nearly same day service for our detoxification patients. When a person addicted to drugs or alcohol is ready for treatment we understand that timing is critical to taking the first step towards recovery. Our doctors and staff work late, and will soon be offering weekend detoxification services as part of our commitment to access in recovery treatment.

3. Effective treatment attends to multiple needs of the individual, not just his or her drug use.

HealthWorks NW is proud to offer psychiatric, counseling, pain management, family counseling and psychological consultation as individualized components of treatment for our patients.

4. An individual's treatment and services plan must be assessed continually and modified as necessary to ensure the plan meets the person's changing needs.

Our counselors and staff engage in continuous dialogue with the medical staff to ensure a continuum of quality care, focused on safety and functional recovery for our patients. We collaborate on behalf of our patients to assure each patient is receiving the level of care, and breadth of clinical services which meets their individual recovery needs.



5. Remaining in treatment for an adequate period of time is critical for treatment effectiveness.

Research indicates that for most patients, the boundary for significant improvement in function and probability of sustained recovery is reached at 12 weeks of treatment. HealthWorks NW is proud of our individualized, group and continuing care programs. Our cost points are accessible for most clients, and reflect a community standard and commitment to quality provision of services. Our multidisciplinary approach to care fosters continued engagement in treatment. This is particularly effective for those reluctant to accept help, or accept they have a drug or alcohol problem.

6. Counseling (Individual and/or group) and other behavioral therapies are critical components of effective treatment for addiction.

In short, **Detoxification is not Treatment.** Detoxification is medical stabilization from the physical and psychiatric problems caused by the continued use of addictive drugs. Detoxification is the first small step towards starting the path of recovery from drug and/or alcohol addiction. HealthWorks NW provides detoxification and counseling services as part of our integrated treatment program. We are unique in offering outpatient detoxification services and recovery counseling services which allow our patients to continue to work and remain engaged in their daily lives.

7. Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.

We are experts in understanding the use of Suboxone (buprenorphine/naloxone), Antabuse, Campral (Acamprosate), and Naltrexone (Revia, Vivitrol) in the long-term management of addiction to opiates and alcohol. Research shows that this medical technology is very useful in helping people stay clean and sober by treating different parts of the brain involved in triggering relapse. HealthWorks NW doctors and staff believe that the best treatment is that which is individualized for each patient using the most modern medical tools available. We also understand and teach the principle that the medicine doesn't do the recovery, each one of our patients must do their own recovery, with the help of the medical, psychological and personal tools we provide.



8. Addicted or drug-abusing individuals with co-existing mental disorders should have both disorders treated in an integrated way.

HealthWorks NW provides expert psychiatry and pain management services. We understand that most patients suffering from addiction also are affected by underlying conditions such as depression, anxiety, bipolar disorder or pain conditions. We understand and treat these conditions as part of the recovery process. We understand that these conditions are often driving a patient's desire to use drugs to 'change their mood' or 'feel less pain', both physically and emotionally. We are proud to offer these services in combination with the most up to date knowledge of the medications Suboxone (buprenorphine/naloxone) and Naltrexone.

9. Medical detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug use.

We state again, **Detoxification is not treatment.** Detoxification is taking the first step through the door in engaging in a life of recovery. Many patients believe if they can simply detoxify using a medication that they can control their use of the drug their addicted brains and bodies crave. Our detoxification services remain an open door to all of our patients, and we understand that relapse is a common occurrence as people are trying to determine if they are ready to engage in recovery. Ethically, we feel strongly that all patients engaged in our detoxification program should be enrolled in some form of 12-step counseling program. We work hard to ensure that all options are explored, both within HealthWorks NW and among other community and residential treatment programs.

10. Treatment does not need to be voluntary to be effective.

We support families who are struggling to establish safety boundaries with a loved one suffering from drug or alcohol addiction. Our family counseling program is focused on addressing issues of family co-dependency. We understand that strong motivation in the form of enticements or sanctions within the family or employment setting can facilitate treatment entry and retention. HealthWorks NW is also proud to offer assessment and treatment services for Health Professionals who have clinician monitoring boards.

11. Possible drug use during treatment must be monitored continuously.

We believe that personal accountability in the process of recovery is paramount. We insist on ongoing urine drug screening, and on-demand urine, breathalyzer, and if indicated, saliva, hair or blood samples are sent at the discretion of any staff or clinician who has concern that a patient may be under the influence or continuing to abuse drugs or alcohol. This is in compliance with the DEA standard for monitoring the prescribing of controlled substances such as Suboxone or buprenorphine.



12. Treatment programs should provide assessment for HIV/AIDS, Hepatitis B and C, Tuberculosis and other infectious diseases, and counseling to help patients modify or change behaviors that place themselves or others at risk of infection.

HealthWorks NW doctors and staff are aware of the infectious disease burden within our patient population; we routinely assess each patient's risk for infectious disease as a result of their drug use and provide individualized screening and counseling support.

13. Recovery from Drug Addiction can be a long-term process and frequently requires multiple episodes of treatment.

HealthWorks NW clinicians and staff understand that relapse is part of the disease process. We offer lectures and group counseling regarding prevention of relapse and we offer the latest relapse prevention pharmacotherapy options to our patients. We do understand the reality that the disease of addiction is a chronic disease state much like diabetes or high blood pressure. Our doors are always open to our patients and their families. HealthWorks NW is innovative in our approach to "Primary recovery". That is, the process of serving our patients through their entire recovery process as their outpatient addiction specialist, psychiatrist, pain management specialist, counselor, psychologist or family therapist.

Our goal is to know each patient better than their primary care physician. When a solid recovery has been established, we hand off continuing care to the primary care physician and continue to serve as consultant to our patients and their primary care doctors.